Recreation News

Winter 2006-07

Annapolis County Recreation Services

Warden Peter Newton getting some help to win the Mayor's & Warden's Challenge at the Launch of the Annapolis County Active Living Guide, Nov 29, COGS, Lawrencetown.

Upcoming Winter Activities:

Snowshoeing & Nordic Walking - beginning Jan 9 and every Tues evening thereafter until March 6, meet at the Annapolis County Municipal Building, 752 St George Street, Annapolis Royal at 6:30pm to go snowshoeing. Bring your own, or call ahead (532-2334) to borrow ours. No snow? - We'll go Nordic walking instead!

Snowshoe Loan Program - Recreation Departments throughout the County have a selection of snowshoes that can be signed out by individuals, families or groups for short periods of time. Call your local recreation department to sign out a pair or two.

Community Organization Workshop for Volunteers

April 21, 2007
Annapolis Basin Conference Centre, Cornwallis Park

An opportunity to get new ideas and training, and most importantly, to network with other volunteers.

Call Wanda at 532-2334 to register.

Happy holidays from us to you!

Debra Ryan, Wanda Atwell, Brian Orde and André Bouchard, Annapolis County Recreation Services staff, would like to take this opportunity to wish you and yours a very happy holiday season.

We encourage you to make active, healthy living a priority in your life - perhaps even make it your New Year's resolution!

Remember...in Annapolis County there's a lot to do, right in your own backyard. So - On Your Mark, Get Set, Get ACTIVE all year round!

No More Excuses – The Annapolis County Active Living Guide is Finally Here!

Two years in the making, the Annapolis County Active Living Guide is finally here.

The Active Living Guide is the first of its kind in our region. Its purpose is to showcase active recreational opportunities in the area, to make suggestions about what you can do in your own backyard, and to let you know how to involve yourself and your family and friends in physical activity.

The guide has sections on Funding Opportunities, *Club 400-The Order of Active Living*, Healthy Living (Canada's Food Guide and Canada's Physical Activity Guide), Solutions to the Most Popular Excuses for Not Being Active, Benefits of Being Active, and a list of Active Living/Wellness Links.

Explore our parks, trails and open spaces. Sample the many recreation activities included in the guide and find a fit for you, your family and friends. Note that the activities, suggestions and contacts in this guide represent only a sampling of the opportunities that are out there for you to enjoy.

Ultimately you choose the activity best suited to you. Remember...physical activity gives you more energy, its fun, it's social, and it's good for the "health-of-it".

Pick up a copy of the Active Living Guide at a recreation department near you.

Recreation News

Dave McCoubrey, EMO – Annapolis County, receiving a Club 400 Activity Log from André Bouchard, Annapolis County Active Living Coordinator.

Take the Roof off Winter – borrow snowshoes from us –give it a try!.

LUCKY DUCK LOTTO 2007

For the 28th consecutive year, Recreation Nova Scotia is pleased to present "Lucky Duck Lotto" - an easy, risk-free ticket sales fundraising program to help schools, community clubs and other non-profit groups and organizations raise monies for their programs and activities. Tickets are $1 each; 70 cents of each ticket sold remains with the ticket sellers. If your group is interested in participating, call 425-1128 or visit: www.recreationns.ns.ca/luckyduck

Club 400-The Order of Active Living

Since last April, over 1100 people have joined the *Annapolis County Club 400 - The Order of Active Living*, our own local incentive program that rewards people for getting physically active. We hope we can at least double our membership this winter, but we will need your help.

The brand-new *Annapolis County Active Living Guide* and *Club 400* were made for each other. The guide is like a menu of fun, healthy physical activity choices available right here in our own backyard. *Club 400* gives you a chance to win cool prizes just for doing any of these activities and recording them in your *Club 400 Activity Log.*

I would be pleased to visit with your group to make a video presentation on *Club 400* and the *Active Living Guide*, and give you a chance to join the Club. Please contact us.

I would also be pleased to bring *Dance, Dance Revolution* - a rhythm-based video game that you control with your feet. It's fun to watch, more fun to play and it's making its way into every school in Annapolis County this January!

"I want to thank you for helping me. Your program has encouraged me to get more active everyday!" Helen Opie

André Bouchard
Active Living Facilitator

Annapolis County Active Kids-Healthy Kids Fund

The Annapolis County Active Kids-Healthy Kids Fund offers financial assistance to increase physically active opportunities for area young people.

The next deadline for applications is January 19, 2007.

If you need assistance, wish to receive an application, or if you are not sure your ideas meet the criteria, please call:

- Annapolis Royal Recreation, 532-7667
- Annapolis County Recreation, 532-3139
- Middleton Recreation, 825-6611
- Bridgetown Recreation, 824-0387

Send the completed application to the Annapolis Community Health Board, P.O. Box 730, Middleton, NS B0S 1P0, Attn. Lisa Garand.

Healthy Living Tax Incentive

The tax credit, or healthy living incentive, provides an allowable tax credit of up to $150/child to help with the costs of registering children and youth in sport or recreation activities that offer health benefits.

Children and youth aged 17 and under who are registered in an approved organized sport, physical recreation or physical activity program will qualify.

Only receipts from groups who have registered with the NS Dept of Health Promotion and Protection are eligible. To find out if the organization your child is registered with is on the list check: www.gov.ns.ca/hpp/HealthyLivingIncentive.html.

You MUST keep your registration receipt to claim the credit on your income tax return.

About the KidSport & Jump Start Programs

KidSport is a national children's charitable program that helps disadvantaged kids overcome the barriers preventing or limiting their participation in organized sports.

KidSport Nova Scotia provides funding up to $300/year/child for sport registration and/or equipment. There are four deadlines: Jan 1, Apr 1, Jul 1 and Oct 1. Contact the Annapolis/Digby Chapter now to find out how you can apply for the January 1st deadline. Phone: (902) 532-3144.

Website:
www.sportnovascotia.ca/kidsport

Canadian Tire Jump Start is a community-based charitable program from Canadian Tire Foundations for Families that helps kids in need participate in organized sport and recreational activities. The program provides a max of $300/child/season up to max of $600/yr.; for 4-18 yrs; and the program must be semi long-term that lasts a season. Deadlines are Oct 1 and Jun 1 and funding can be used for registration, equipment and transportation. Contact Brian at Annapolis County Recreation, 532-3144 for more information.

Show Me the Money – Grant Programs

The Nova Scotia Department of Health Promotion and Protection offers a variety of grants for assistance for capital improvements and program initiatives.

- **Recreation Facility Development Program (RFD)** - can apply for up to 1/3 or the cost of a facility development/improvement project. Applicant organization must be incorporated as "not for profit", own the facility and be able to demonstrate their ability to generate the other 2/3s of necessary funding. **Deadline - February 2007**
- **Community Recreation Capital Grant Program** - intended for capital projects under $15,000. Can apply for 1/3 of the cost of a facility development/improvement project up to a maximum of $3,000.
- **Community Development Grant Program** - can apply for up to 50% of the cost of a program/initiative to a maximum of $3,000. Examples: leadership training, sport & recreation club development, workshops, clinics.
- **Planning Assistance Program** - can apply for up to 50% of the cost of a planning exercise to a maximum of $5,000.00. Supports organizations in obtaining professional assistance in planning, designing and researching proposed/existing recreation facilities/programs.
- **Physical Activity Grant** - can apply for up to 50% of the cost of a program initiative up to a maximum of $10,000. Examples: cost for physical activity initiatives for after school programs, youth and adult groups.

For more detailed information, please contact the Valley office at 902-679-4390 or Annapolis County Recreation Services, 532-2334.

- **Trail Maintenance Program** - to provide funding support for the maintenance of single or shared-use trails managed by community not-for-profit groups. Contact Ted Scrutton, 424-4642 or scrutttw@gov.ns.ca for information.

NOVA SCOTIA
Health Promotion and Protection

County of Annapolis

Community Recreation Grant Program

Groups can apply for up to $500, once in a two-year period, in order to stimulate new recreation programs & activities; to offset the cost of recreation programs & projects for the benefit of County residents; and to encourage the development of recreation areas and facilities.

Applications are received at any time during the fiscal year (April - March) and are reviewed on a first come - first served basis.

Call 532-2334 for additional information.

Annapolis County Recreation Services
752 St. George Street
P.O. Box 100
Annapolis Royal, NS
B0S 1A0

Debra Ryan, Recreation Coordinator, 532-3139

Wanda Atwell, Administrative Assistant, 532-2334

Brian Orde, Recreation Assistant 532-3144

André Bouchard, Active Living Coordinator, 532-0286

Fax: 532-2096

Email: rec@annapoliscounty.ns.ca

We're on the Web!

Visit us at:
http://www.annapoliscounty.ns.ca

2007 Festivals & Community Events Calendar

Didn't have the date set for your event when you were called, but you now have the information?

Please contact Wanda Atwell at 532-2334 before January 10th. This the **LAST** opportunity to list your event before the calendar goes to the designer.

All we need from you is the title of the event, the date and time, where it is taking place, plus a short description. Please include a contact number for folks who have questions about the event.

Volunteer Week– April 15-21, 2007

It's time! Community groups, service clubs, arts-culture-historical groups, fire departments and Legions and their auxiliaries, schools, learning centres, youth groups, women's groups, recreation and leisure groups are all encouraged to nominate a deserving individual to receive a Volunteer Award.

Volunteers are the vital links that hold our communities together. They provide so many essential services on which we depend.

The least we can do is to take the time to nominate a heart that has been at work for our benefit.

Deadline for nominations is: February 23, 2007

Nomination forms can be picked up at your local recreation department, or on the web at: www.annapoliscounty.ns.ca. For more information, contact Wanda Atwell at 532-2334.

Snowshoeing Workshops

Annapolis County Recreation is organizing a series of snowshoeing workshops throughout the County between January and March 2007.

I would be pleased to come to your community hall/facility at no cost and cover the fundamentals to get people started in this great wintertime activity. We provide the snowshoes, but people can bring their own if they wish. We just need you to provide keen people, and maybe some hot chocolate and cookies - the hot chocolate and cookies are optional ☺!

Snowshoeing is such an easy activity and everyone can do it. There are many benefits: snowshoeing can be done almost anywhere; you don't have to be an expert; it is a good way to burn calories; it strengthens leg and heart muscles; it is a good way to get out and enjoy nature; snowshoes can go places that skis and snowmobiles cannot; and it is for people of all ages!

Interested? Call me at 532-3144 to set a date. Workshops arranged on first come - first served basis.

Brian Orde
Recreation Assistant

NCCP Theory Clinics

Introduction to Competition Part A

Course length 11.5 hours, fee $25

March 2 & 3, 2007 at CFB 14 Wing Greenwood

March 2 - 6:00pm - 9:00pm; March 3 - 8:30am - 6:00 pm. Call Jill at 765-1494 ext 53327 to register.

Introduction to Competition Part B

Course length 13.5 hours, fee $35

March 23, 24 & 25, 2007 at Digby Arena

March 23 - 6:00pm - 9:30pm; March 24 - 8:30am - 5:00 pm; March 25 - 9:00am - 12 Noon. Call 245-5006 to register.

Lifeplex Wellness Centre Opening Soon – Do You Have a Membership Yet?
1043 Highway 1, P.O. Box 270, Cornwallis Park, NS B0S 1H0
Ph. 902.638.3057 Fax 902.638.3245 Email: info@lifeplex.ca